This listing of claims will replace all prior versions and listings of claims in the application:

Listing of Claims:

1. (Currently Amended) A portable vertebrae decompression support device comprising

a pair of arm rests,

at least one base member having a top surface, bottom surface and sides with the bottom surface being substantially devoid of any protrusions such that the base member is adapted to rest on a seat,

at least one first support affixed to the base member and to one of the arm rests between a middle and a front end of the arm rest and closer to the front end than to the middle of the arm rest,

at least one second support affixed to the base member and one of the arm rests between the middle and a rear end of the arm rest and closer to the rear end than to the middle of the arm rest,

said first and second supports being adjustable for selectively adjusting the height of the arm rests with respect to the base member, and

whereby the arm rests are connected to each other via the first and second supports and the base member.

2. (Previously Amended) The device of claim 1 wherein the support device does not extend to a floor.

3 (Original) The device of claim 1 wherein the entire weight of the device does not exceed ten pounds.

4. (Previously Amended) The device of claim 1 wherein the arm rests are adjustable to be raised or lowered over a range of about 5 to 18 inches.

5 - 9 (Canceled)

10. (Original) The device of claim 1 wherein straps are provided to restrict the movement of the arms, torso or the device.

11. (Currently Amended) The device of claim 1 wherein the seat is one of a chair seat, a bench seat, a car seat [[,]] and a bed ~~or other similar support~~.

12. (Original) The device of claim 1 wherein the arm rests are padded.

13. (Canceled)

14. (Original) The device of claim 1 further comprising a back rest.

15. (Original) The device of claim 1 wherein the arm rests are crutch shaped.

16. (Canceled)

17. (Currently Amended) The device of claim 1 wherein the base has a non-skid type of material on the bottom ~~side~~ surface.

18. (Currently Amended) A portable vertebrae decompression support device comprising

a pair of arm rests,

at least one base member having a top surface, bottom surface and sides with the bottom surface being substantially devoid of any protrusions such that the base member is adapted to rest on a seat,

a first support affixed to the base member and to a first arm rest, the first support being affixed nearer [[an]] a first end of the first arm rest than to the middle of the first arm rest,

a second support affixed to the base member and to the first arm rest, the second support being affixed nearer [[an]] a second end of the first arm rest than to the middle of the first arm rest,

a third support affixed to the base member and to a second arm rest, the third support being affixed nearer [[an]] a first end of the second arm rest than to the middle of the second arm rest,

a fourth support affixed to the base member and to the second arm rest, the fourth support being affixed nearer [[an]] a second end of the second arm rest than to the middle of the second arm rest,

said first, second, third and fourth supports being adjustable for selectively adjusting the height of the arm rests with respect to the base member, and

whereby the arm rests are connected to each other via the supports and the base member.

19. (Previously Presented) The device of claim 18 further comprising a back rest.

20. (Previously Presented) The device of claim 18 wherein the arm rests are crutch shaped.

21. (Previously Presented) The device of claim 18 wherein the base has a non-skid type of material on the bottom side.

22. (Previously Presented) The device of claim 18 wherein the arm rests are adjustable to be raised or lowered over a range of about 5 to 18 inches.

23. (New) A portable vertebrae decompression support device comprising

a pair of arm rests,

at least one base member having a top surface, bottom surface and sides with the bottom surface being substantially devoid of any protrusions such that the base member is adapted to rest on a seat such that the seat and substantially the entire bottom surface conform to hold the base member on the seat,

a first support affixed to the base member and to a first arm rest, the first support being affixed nearer a first end of the first arm rest than to the middle of the first arm rest,

a second support affixed to the base member and to the first arm rest, the second support being affixed nearer a second end of the first arm rest than to the middle of the first arm rest,

a third support affixed to the base member and to a second arm rest, the third support being affixed nearer an end of the second arm rest than to the middle of the second arm rest,

said first, second and third supports being adjustable for selectively adjusting the height of the arm rests with respect to the base member, and

whereby the arm rests are connected to each other via the supports and the base member.